

Exercise Can Be Fun!

So you don't like physical activity? There are lots of ways to be physically active without doing what you might consider "a workout" or "exercise".

- Go walking with others.
- Dance.
- Get the whole family involved in some physical activity like walking in a park.
- Find a beginner's exercise class that you might enjoy.
- Do housework to music.
- Try out a new sport or activity.
- Go bicycling with family or friends.
- Check out your local community center for upcoming events.
- Play golf – carry your clubs to burn more calories or use a pull cart.

